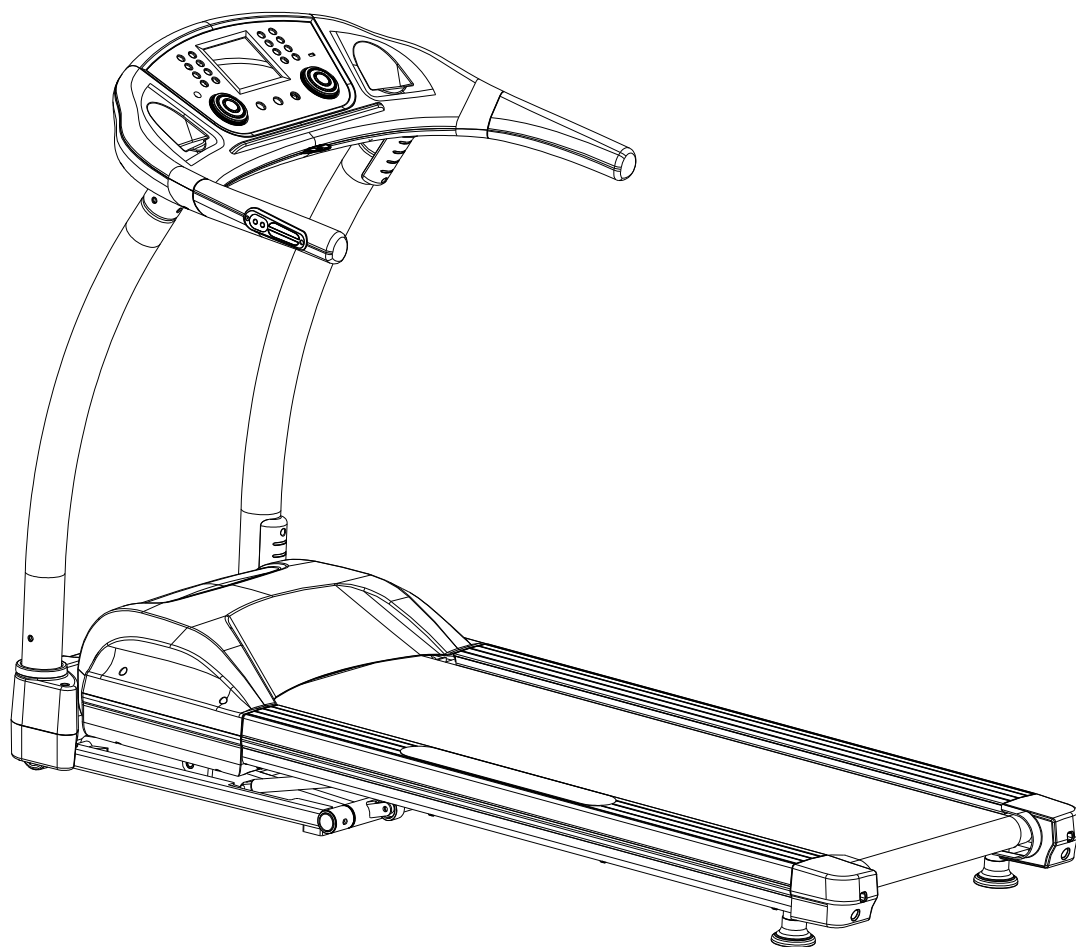


# ***OWNER'S MANUAL***



**MTS 5000 L**

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## ▪ SAFETY PRECAUTIONS

Thank you for purchasing our products. Even though we got great efforts to ensure the quality of each product, occasional errors, and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact the shop of purchase.

Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before beginning any exercise program consult your physician.
- Keep children and pets away from this equipment at all times, this is not a toy.
- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced whilst using this treadmill, stop the workout at once and consult a physician immediately.
- The treadmill should not be used by persons weighing more than **110 kg**. Never allow more than one person at a time on the treadmill.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Keep hands and feet away from all moving parts.
- Always use this treadmill on a clear and level surface. Do not use it outdoors or near water.
- Do not insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up by slow walking for 5 minutes on the treadmill.
- Always wear proper clothing and walking or jogging shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Turn off the power after usage.
- Pregnant women should consult with their physician before beginning an exercise program.
- Drink hydrating fluids (water) before, during and after any exercise.
- This treadmill is designed for home use only. Do not use for light institutional or commercial applications.
- Assemble and operate the treadmill on a level, solid surface.
- Please make sure that there must be a safety area of 2000 mm × 1000 mm behind the treadmill while exercising.
- Before using this machine please lubricate the running belt first, keeping fine lubrication on schedule to be able to prolong this machine life time.
- The high level of security of equipment can only be kept, if regularly checked for damages and abrasion. Please pay special attention to the rear roller cover, Antiskid pad, handlebars, side rail and running belt. Please read this manual carefully and observe the instructions.
- Damage parts need to be replaced instantly and please only exercise again once properly repaired.
- Please make sure, that for set-up and use enough space is available around the item.

- Please pay attention that levers or other adjusting mechanisms do not interfere with the moving area during exercise.
- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Turn the switch off and unplug the power cord when the treadmill is out of use.
- Incorrect and excessive exercise can harm your health.

Before starting any exercise program consults your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Please read all instructions carefully.

The treadmill is tested according to EN 957-1/-6, class HB for home-use with a maximum user weight of 130 kg and is not suitable for therapeutical use. This item may only be used in the way described in this manual.

Maximum overall dimension: 1830mmx840mmx1230mm

Maximum noise level around the treadmill is 65 dB(A)

The weight of the treadmill is about 78 kg.

Attention: The treadmill should only be assembled by the manufacturer, its service agent or similarly qualified persons.

This treadmill is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

## ▪ BEFORE BEGINNING

### Clean your area:

1. Remove the treadmill from box and place on a level ground. It is recommended that you place a protective covering under the treadmill.
2. Place in an area that will meet minimum clearance requirements.  
Front & Side: 1ft /30cm  
Back: 6ft /180cm
3. Whenever moving or setting up the treadmill, the deck must be in the upright position with the deck safety lock securely engaged.
4. To place the TREADMILL in operating position, release the deck safety lock then lower the deck with the end caps until it rests completely on the ground.
5. Make sure safety cord is engaged or unit will not operate.
6. Plug unit into outlet following the grounding guidelines below.

### GROUNDING:

This unit must be properly grounded to ensure safe operation. Should this equipment fail to perform properly, grounding reduces the chance of electrical shock. The unit must be plugged into a suitable AC grounded outlet that is correctly installed and grounded in conformance with local codes and ordinances.

### Gather your tool:

Make sure all the necessary tools gathered before the installation. Having the right tools at hand will save time and make less assembly mistake.

### Helpful Tips

Straddle the running belt and allow it to start moving at a safe speed before stepping on.

Hold the handlebar while adjusting the controls.

Focus your eyesight ahead to help maintain your balance.

Wear comfortable, good-quality walking or running shoes.

Warm-up and cool-down before and after your workout period

## IMPORTANT TREADMILL WARNINGS AND CAUTIONS

In order to reduce the risk of fire, electric shock, burns or injury, please read and understand the following precautions before operating.

**DANGER:** To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after use and before cleaning.

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons, an appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts. Do not operate under blankets or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.

### CAUTION :

Before operating the treadmill you have to pull out the slip safety key in the direction of the arrows, ( the treadmill will enter into a protection program if you switch on the treadmill without pulling out the safety key)

The safety key stops the treadmill at any point in your workout .  
In case of emergency, seize the handlebar and lift your body, then stand on the ground.

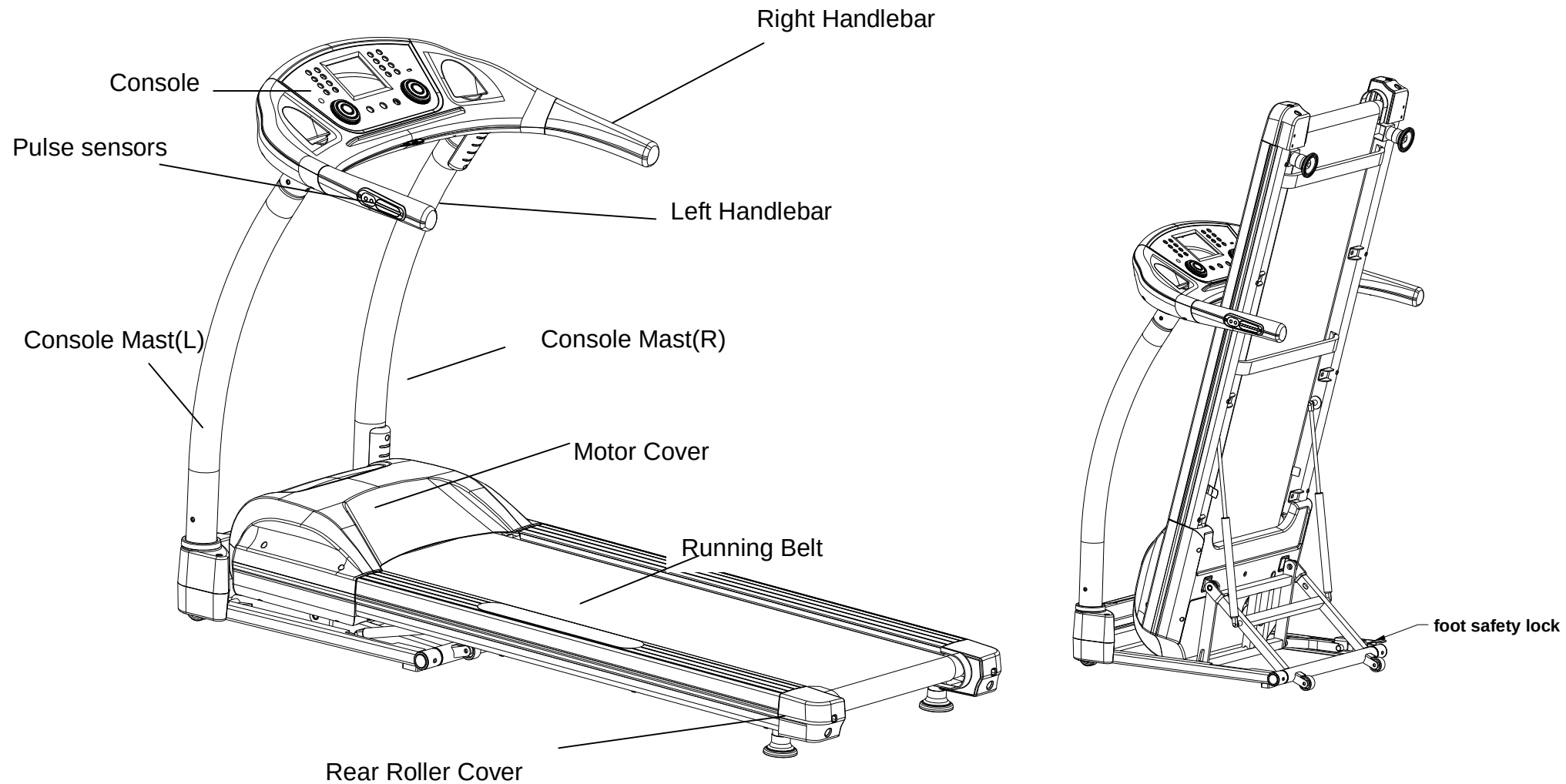
### Helpful Instructions

Straddle the tread belt and allow it to start moving at a safe speed before stepping onto it.  
Hold the handlebar while adjusting the controls.  
Focus your eyes straight ahead to help maintain your balance.  
Wear comfortable, good-quality walking or running shoes.  
Warm-up and cool-down before and after your workout period

Slip safe key



## ■ FEATURES



## ▪ EXERCISE GUIDELINES

Anyone over the age of 35, as well as younger people who are overweight, should check with their physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led a sedentary lifestyle should protect themselves with a medical check up and a stress test, preferably administered by a healthcare professional.

Medical research has shown us that there is an amount of exercise which is enough to condition the cardio respiratory system and the muscles of the body. The amount of exercise is between 60% and 75% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an exercise amount to cause injury.

If at anytime during exercise you experience dizziness or chest pain stop immediately and seek medical advice

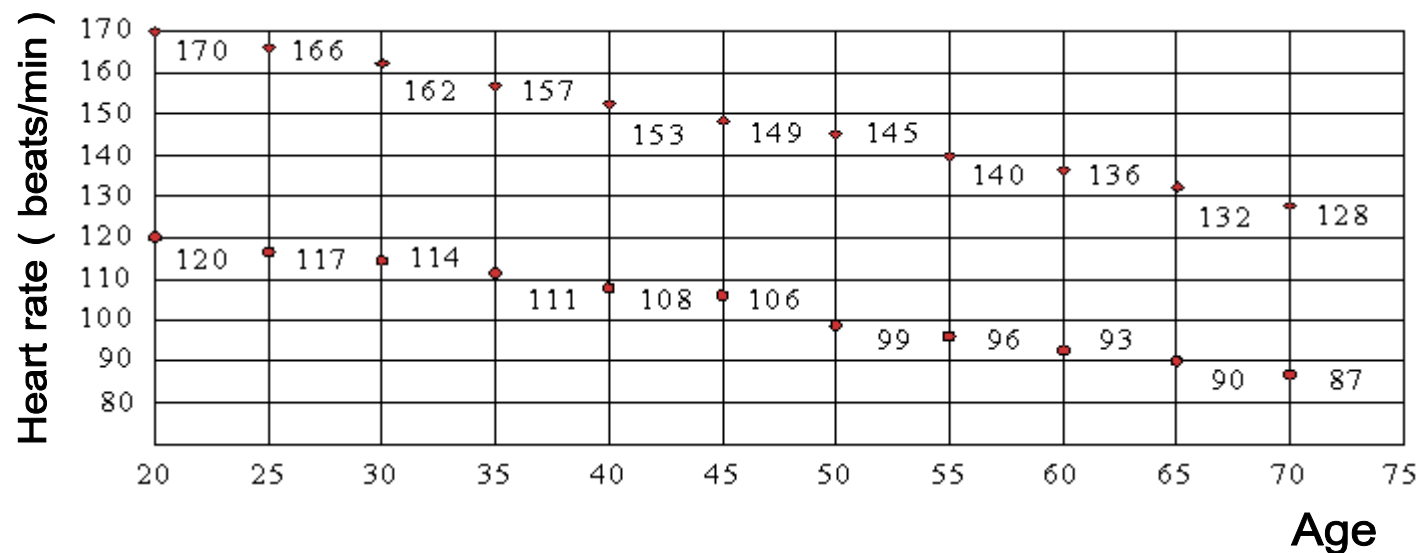
### TARGET HEART RATE ZONE

**$220 - \text{your age} = \text{maximum heart rate}$**

Do not workout at your maximum heart rate. The recommended heart rate zone is between 60% and 75% of your maximum heart rate.



## EXERCISE IN YOUR TARGET HEART RATE ZONE



## BEGINNER TREADMILL PROGRAM

|        | Exertion level | Duration     |        | Exertion level                    | Duration                                                                        |
|--------|----------------|--------------|--------|-----------------------------------|---------------------------------------------------------------------------------|
| WEEK 1 | Easy           | 6~12minutes  | WEEK 5 | Moderate                          | 22~28minutes                                                                    |
| WEEK 2 | Easy           | 10~16minutes | WEEK 6 | Slightly higher or slightly lower | 20minutes                                                                       |
| WEEK 3 | Moderate       | 14~20minutes | WEEK 7 | Add interval training             | 3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes |
| WEEK 4 | Moderate       | 18~24minutes |        |                                   |                                                                                 |

## ▪ WARM-UP & COOL-DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head to the left for one count,. Rotate your head back for one count. stretching your chin to the ceiling and letting your mouth open , And finally, drop your head to your chest for one count.



### SHOULDER LIFTS

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your right shoulder.



### SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



### **HAMSTRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

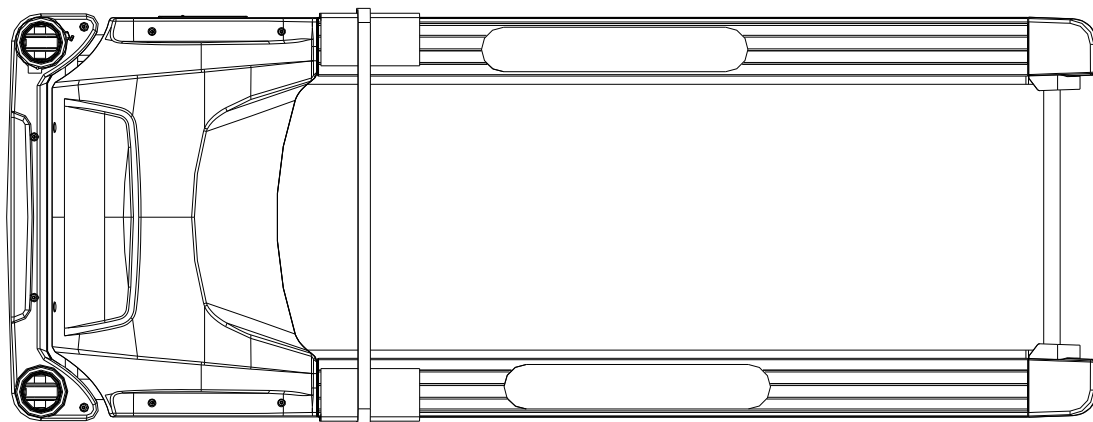


### **CALF STRETCHES**

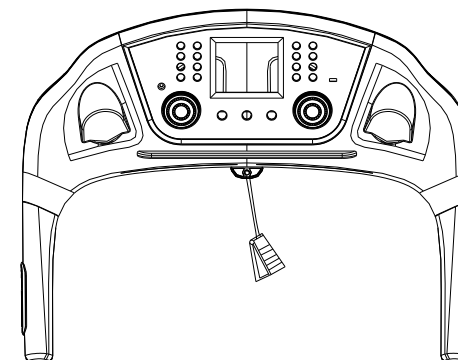
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 seconds



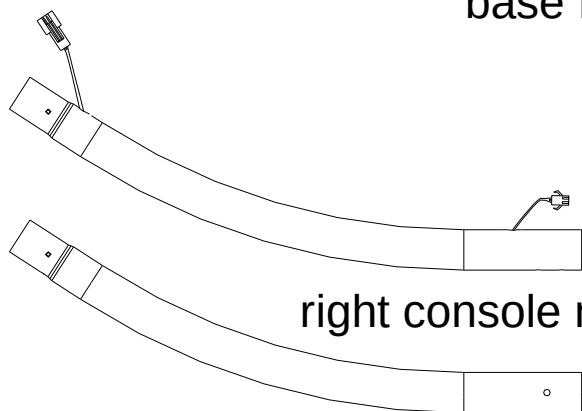
## ■ ASSEMBLY PART LIST



base frame



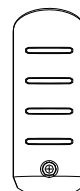
console



right console mast



left console mast



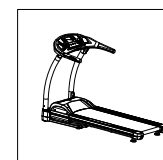
upper control wire cover



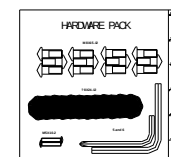
down control wire cover



silicon

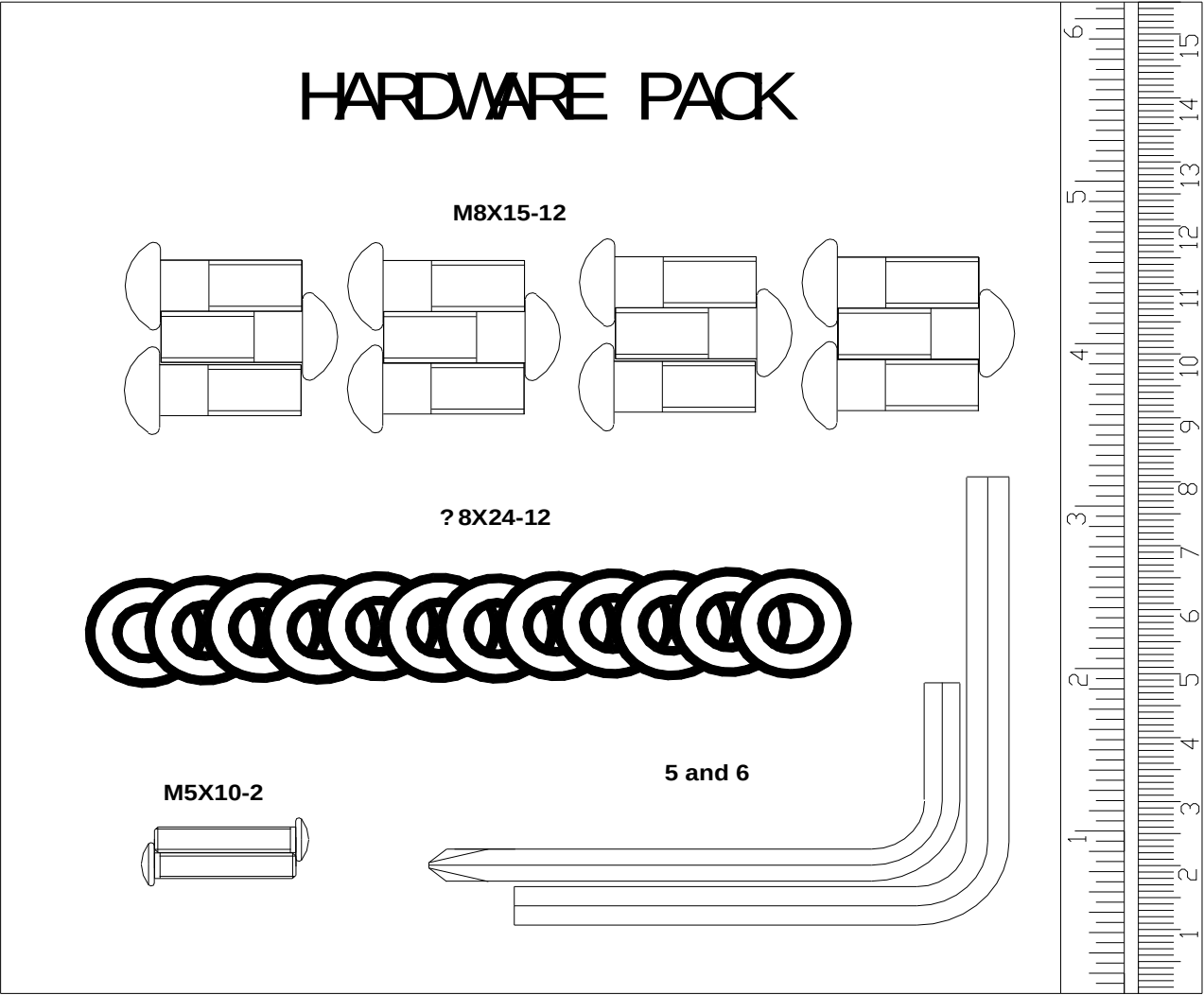


user manual and power cord



hardware packing

▪ **HARDWARE PACK**



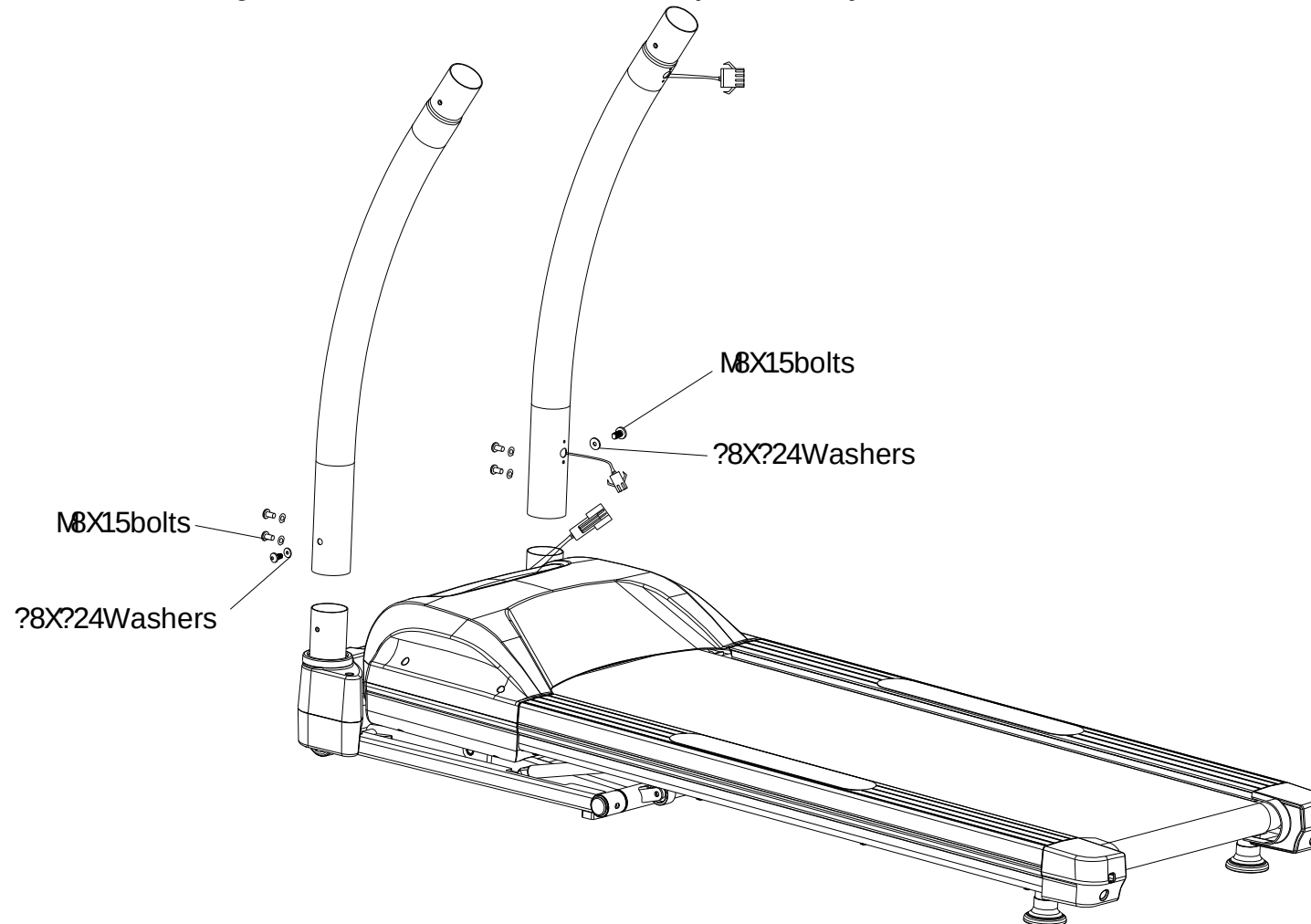
## ▪ ASSEMBLY STEPS

### STEP 1 : ATTACH THE CONSOLE MASTS TO THE BASE FRAME

A/ As shown, attach the mast into the base frame with six M8X15 bolts, six  $\phi 8$  washers using assembly tool.

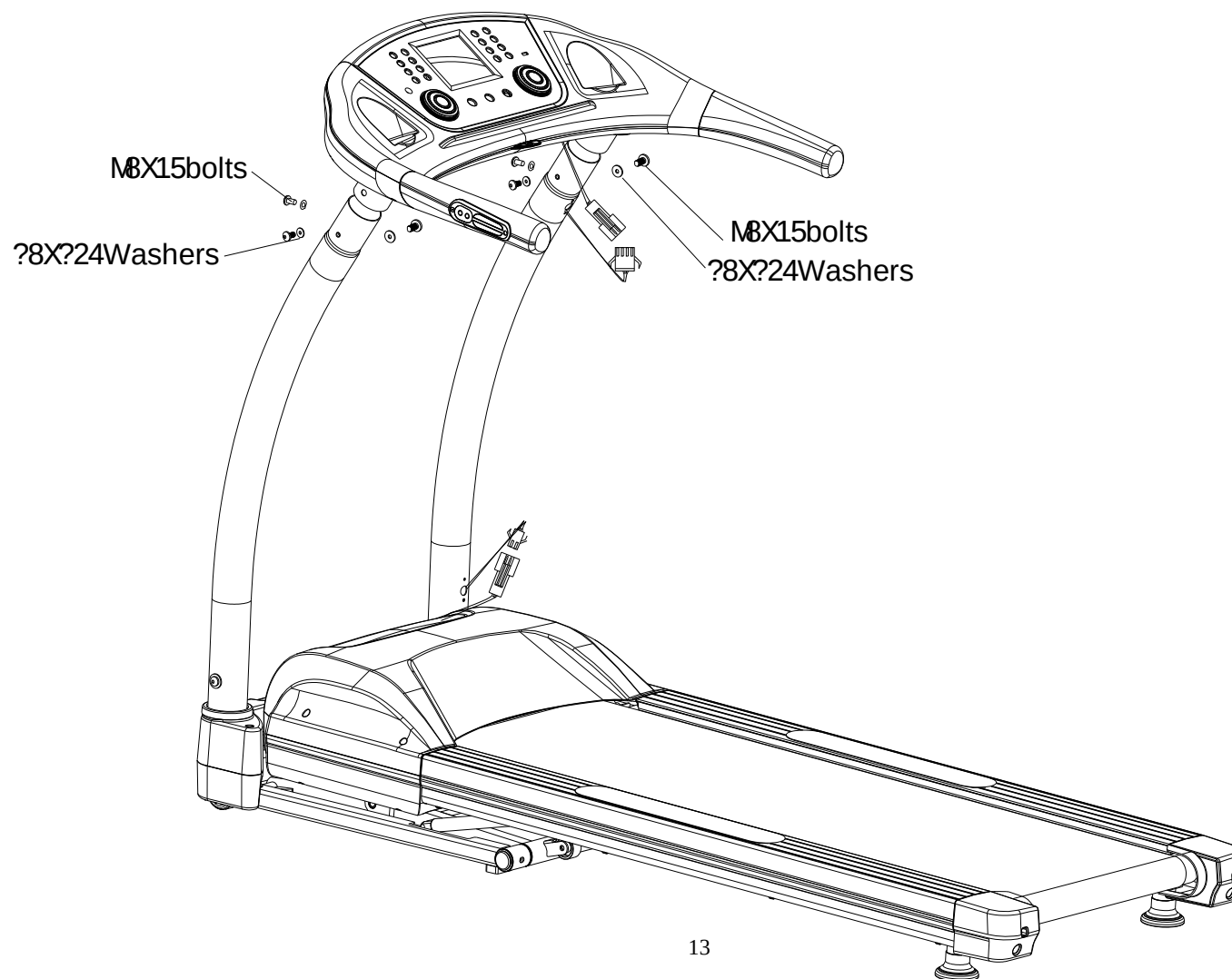
B/ Attach the mast into the base frame with six M8X15 bolts, six  $\phi 8$  washers using assembly tool.

**Attention:** Please do not tighten the bolts, Facilitates the next step of assembly.

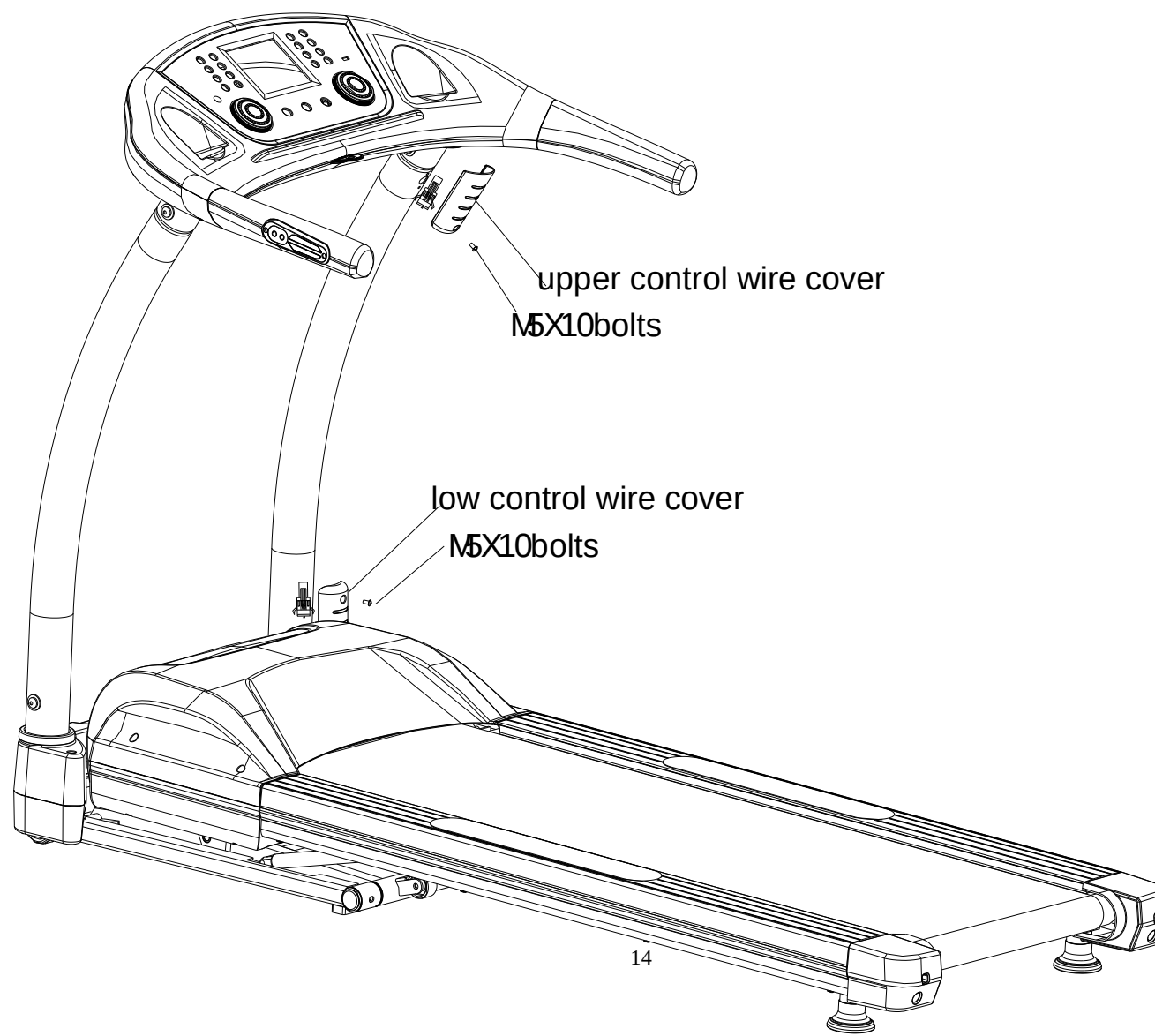


## STEP 2 : ATTACH THE CONSOLE

As shown, Connect the console wire and the mast wire, attach the console to the console mast with four M8X15 bolts, four  $\phi 8$  washers using assembly tool, Finally tighten all the bolts.



**STEP 3 : ATTACH UPPER / LOWER CONTROL WIRE COVER THE CONSOLE COVER , THE PROTECTIVE COVER AND THE CONSOLE  
FIXED BLOCK TO THE MAIN BODY**



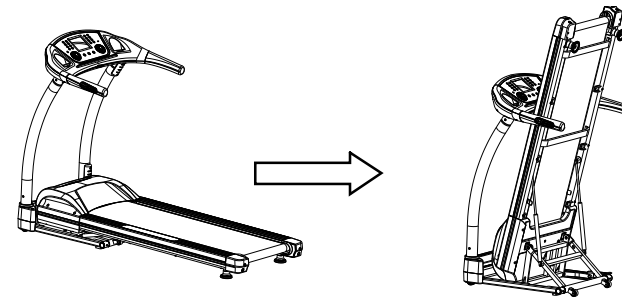
## ▪ FOLDING , UNFOLDING & MOVING INSTRUCTION

### FOLDING THE TREADMILL

1. Turn power switch to the OFF position.
2. Raise deck using the rear roller cover until unit closes completely.

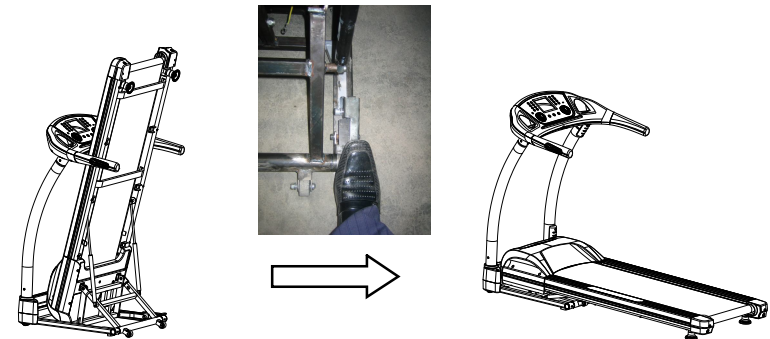
Important: You will hear a “click” sound when it has been closed completely.

Store you treadmill in a clean and dry environment.



### UNFOLDING THE TREADMILL

Put your right hand on the rear corner of the treadmill, using your left hand grasp the handrails, pull the safe lock, then lay down the treadmill deck.



### MOVING THE TREADMILL

Be sure that the power switch is in the OFF position, the unit is unplugged and





ill,

right hand on the right rear corner, ensure that you hold both side at the same time. Now lift slightly and move to a desired location.

## ▪ MAINTENANCE

- **Warning:** To prevent electrical shock, be certain the treadmill is turned off and unplugged for cleaning or routine maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath the treadmill once a week.

## ▪ BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

### ADJUST THE BELT TENSION

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

#### TO INCREASE THE RUNNING BELT TENSION:

A) Place 6MM inner hexagon spanner on the left belt tension bolt located inside the rear end caps. Turn the inner hexagon spanner clockwise 1/8 turn to draw the rear roller and increase the belt tension.

B) Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.

C) Repeat STEP A and STEP B until the slipping is eliminated.

D) be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearing that will result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER CLOCKWISE EVENELY.

### **CENTERING THE RUNNING BELT:**

When you run, you may step harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. The belt will often return to the center of the deck if weight distribution becomes balanced or nobody is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

A) Start the treadmill without anyone on the running belt, press speed up bottom until speed reached 16kph.

B) Observe whether the running belt is toward the right or left side of the deck.

#### **a. If toward the left side of the deck**

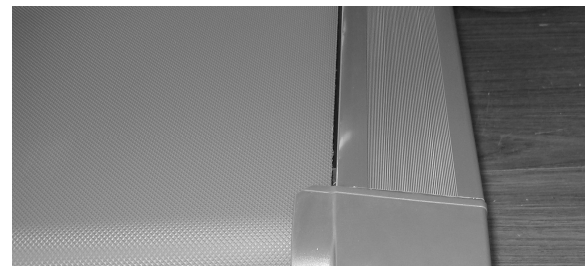
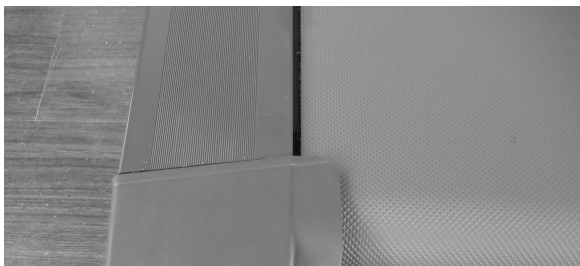
Using the inner hexagon spanner, turn the left adjustment bolt 1/8 turn in a clockwise direction and the right adjustment bolt counter clockwise 1/8.

#### **b. If toward the right side of the deck**

Using the inner hexagon spanner, turn the right adjustment bolt 1/8 turn in a clockwise direction and the left adjustment bolt counter clockwise 1/8.

#### **c. If the belt is still not centered, repeat the above steps until the running belt is on center.**

C) after the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary. If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to increase the running belt tension

Turn counter-clockwise to decrease the running belt tension

#### ▪ **TREADMILL LUBRICATION**

Lubricating under the tread belt will ensure superior performance and extend its life expectancy. Lubrication is available from your place of purchase. Wipe the entire deck surface with a clean lint free cloth to remove all dust and dirt.

#### **HOW TO CHECK RUNNING BELT FOR PROPER LUBRICATION**

Lift one side of the tread belt and feel the top surface of the running board

If the surface is slick to the touch, then no further lubrication is required

If the surface is dry to the touch, apply one packet of lubricant or 30 -40ml of lubricant.

#### **HOW TO APPLY LUBRICANT**

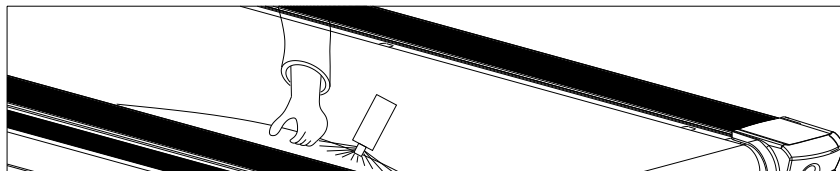
1. Lift one side of tread belt.
2. Pour 30 -40ml of the lubricant bottle under the center of the tread belt on the top surface of the tread board
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

**NOTE:** DO NOT over lubricate running board. Any excess lubricant that comes out should be wiped off. Lubricant in a spray can is available from your place of purchase.

**IMPORTANT:** USE ONLY 30-40ml OF LUBRICANT PER APPLICATION

#### **LUBRICATION SCHEDULE**

1. After the first 25 hours of use (1-2 mouths) apply 30 -40ml of lubricant
2. Every 50 hours of use (2-3 mouths) apply 30 -40ml of lubricant





C



- A INCLINE INSTANT KEY
- B SPEED INSTANT KEY
- C MULTIFUNCTION WINDOW

## ▪ GENERAL OPERATION

### MANUAL MODE/QUICK START

Press the  key, the treadmill will start running at 1 KM/HR, turn around the speed knob in clock-wise, the speed will increase by **0.1**km/HR, turn the speed knob continuously the speed will increase to 16 KM/HR. Turn around the speed knob in counter-clock-wise, the speed will decrease by **0.1** km/HR. Turn around speed knob continuously and the speed will decrease down to 1KM/HR.

Press the  key, the treadmill will start running at 1 KM/HR, turn around the incline knob in clock-wise, the incline will increase by 1 level, Turn the speed knob continuously the speed will increase to 15 level. Turn around the incline knob in counter-clock-wise, the incline will decrease by 1 level. Turn around speed knob continuously and the speed will decrease down to one.

### TIME MODE :

Press speed knob until the TIME window flash, the start time is 30 minutes. Turn around speed knob in clock-wise, time will increase **1** minutes increase. Turn the speed knob continuously in clock-wise the time will increase to 99 minutes. Turn the knob continuously in counter-clock-wise, the time begin to countdown by 1minutes per circle until to 10 minutes.

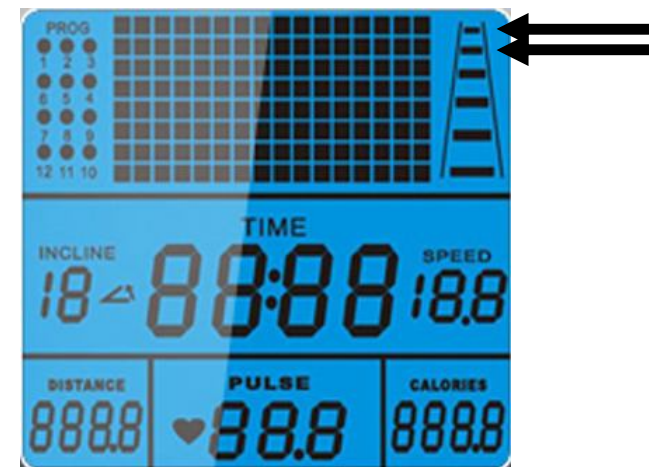
### DISTANCE MODE :

Press speed knob until the DISTANCE window flash. The start distance is 1KM. Turn around knob in clock-wise, distance will increase by **0.1** km increase, Turn round speed knob continuous and the distance will increase rapidly to what you want until 99.9km. Turn the knob continuously in counter-clock-wise, the distance begin to countdown until 1km.

### CALORIES MODE :

Press speed knob key until the CALORIES window flash. The start CALORIES is 50 CALORIES. Turn around knob in clock-wise, the calories will increase by **1** Kcal per circle, turn on the knob continuous and the calories will increase rapidly to what you want until 990 CALORIES. Turn the knob in counter clock-wise, the calories will countdown by 1 Kcal per circle.

When you finished 50 calories, the first line will flash, the arrow instruct, when Finished 100 calories, the second line will flash, the third line will be 150Calories, And same following.



## PROGRAM MODE

Press the speed key to select between aim program P1~P6 & fat blast program P7~P9 & long distance running program P10-12 , and the selected program and its light will showed on the main window. Firstly press the speed to set time by turn the knob, then press the incline knob to set incline by turn the knob , the treadmill will start running at the speed in accordance to the Program selected. The timer will now begin to countdown

### Preset program 1( aim program )

|         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 2 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 4  | 4  | 2  | 4  | 4  | 2  | 2  |
| incline | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2  | 1  | 1  | 2  | 1  | 1  | 2  |

### Preset program 2(aim program)

|         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 2 | 4 | 6 | 6 | 4 | 4 | 6 | 6 | 4 | 4  | 6  | 6  | 4  | 4  | 6  | 4  |
| incline | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 2  | 1  | 1  | 2  | 1  | 2  | 2  |

### Preset program 3(aim program)

|         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 4 | 6 | 6 | 8 | 6 | 6 | 8 | 8 | 6 | 6  | 8  | 6  | 4  | 6  | 6  | 4  |
| incline | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 1  | 2  | 3  | 2  | 2  | 1  | 2  |

### Preset program 4 (aim program)

|         |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 4 | 6 | 8 | 6 | 4 | 6 | 8 | 8 | 6 | 8  | 8  | 6  | 6  | 8  | 6  | 4  |
| incline | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 1  | 2  | 3  | 2  | 2  | 1  | 2  |

Preset program 5 (aim program)

|         |   |   |   |    |   |    |    |   |   |    |    |    |    |    |    |    |
|---------|---|---|---|----|---|----|----|---|---|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3 | 4  | 5 | 6  | 7  | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 4 | 6 | 8 | 10 | 8 | 10 | 10 | 8 | 8 | 10 | 10 | 8  | 10 | 8  | 6  | 4  |
| incline | 2 | 2 | 3 | 3  | 2 | 2  | 1  | 1 | 3 | 2  | 3  | 2  | 1  | 3  | 4  | 3  |

Preset program 6(aim program)

|         |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |
|---------|---|---|----|----|----|----|----|---|----|----|----|----|----|----|----|----|
| level   | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed   | 4 | 6 | 10 | 10 | 10 | 12 | 10 | 8 | 12 | 10 | 12 | 8  | 10 | 10 | 8  | 4  |
| incline | 2 | 3 | 2  | 4  | 3  | 2  | 2  | 1 | 2  | 3  | 3  | 2  | 1  | 3  | 4  | 2  |

Preset program 7( fat blast program 100 carlories)

|       |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |
|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|
| level | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed | 2 | 4 | 6 | 6 | 6 | 8 | 8 | 8 | 10 | 10 | 10 | 8  | 8  | 6  | 6  | 4  |

Preset program 8 (fat blast program 200 carlories )

|       |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |
|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|
| level | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed | 2 | 4 | 6 | 6 | 6 | 8 | 8 | 8 | 10 | 10 | 10 | 8  | 8  | 6  | 6  | 4  |

Preset program 9(fat blast program 300 calories)

|       |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |
|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|
| level | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| speed | 2 | 4 | 6 | 6 | 6 | 8 | 8 | 8 | 10 | 10 | 10 | 8  | 8  | 6  | 6  | 4  |

Preset program 10 ( 3000m long-distance running)

|             |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|-------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Start speed | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 1  | 1  | 1  | 1  | 1  | 1  |

Remark: User can adjust the speed of every level by turn the speed knob and record use's exercise date in long distance program.

Preset program 11 ( 5000m long-distance running)

|             |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|-------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Start speed | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 1  | 1  | 1  | 1  | 1  | 1  |

Remark: User can adjust the speed of every level by turn the speed knob and record use's exercise date in long distance program.

Preset program 12 ( 10000m long-distance running)

|             |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|-------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
| level       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Start speed | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 1  | 1  | 1  | 1  | 1  | 1  |

Remark: User can adjust the speed of every level by turn the speed knob and record use's exercise date in long distance program.

## CUSTOMER PROGRAM

In this program user may also input the setting they preferred. Press **USER PROG** may get into this program.

Firstly, the multifunction window will show a curve, it is divided into 16 part, the first part flashed, turn the speed knob you may set the speed of this part, then press the speed knob, turn the incline knob you may set the incline of this part, then press the speed knob, the second part will flashed, then repeat these steps, at last, the time window flashed, you can change the time by turn the speed knob, then press the START key, the treadmill will start running according to the curve, the treadmill will stop when the time is zero.

## PROGRAM NOTE

If you pull out the SAFETY KEY on the panel the treadmill will stop.

## SHORTCUT CONTROLS

Press speed shortcut switch in the right handlebar to adjust the speed.

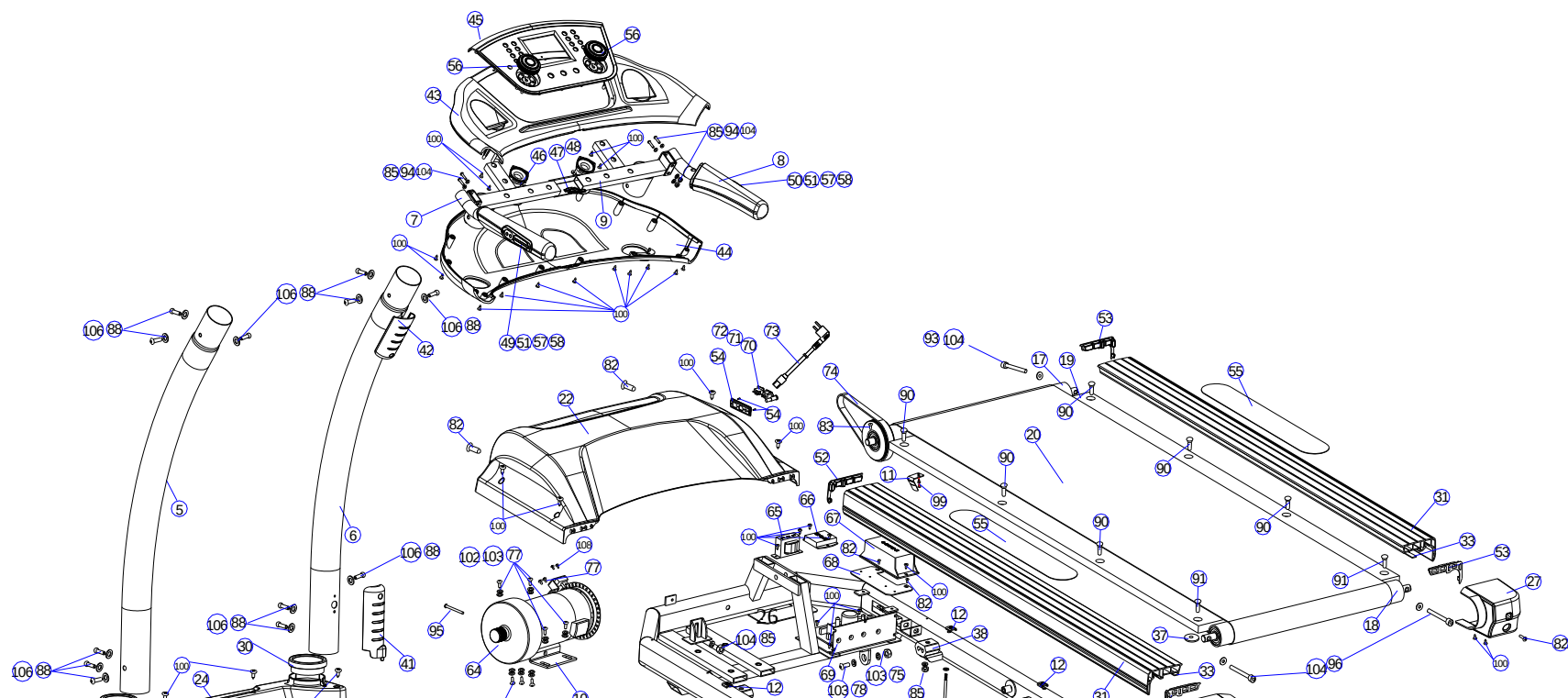
Press incline shortcut switch in the left handlebar to adjust the incline grade.

## USE THE SPEAKER

Connect your MP3 PLAYER place as shown, then turn on your PLAYER.



■ EXPLODED DRAWING



## ▪ PARTS LIST

| No | ITEM                 | QTY | No | ITEM                  | QTY |
|----|----------------------|-----|----|-----------------------|-----|
| 1  | ground frame bracket | 1   | 56 | speaker knob          | 2   |
| 2  | base frame           | 1   | 57 | right handpulse       | 2   |
| 3  | lifting bracket      | 1   | 58 | left handpulse        | 2   |
| 4  | connecting bracket   | 1   | 59 | luck frame bracket    | 1   |
| 5  | left console mast    | 1   | 60 | 45# square tube cover | 2   |
| 6  | right console mast   | 1   | 61 | 30# tube cover        | 2   |

|    |                            |   |    |                            |   |
|----|----------------------------|---|----|----------------------------|---|
| 7  | left handlebar             | 1 | 62 | 16# tube cover             | 2 |
| 8  | right handlebar            | 1 | 63 | rubber cover               | 4 |
| 9  | console support bracket    | 1 | 64 | motor                      | 1 |
| 10 | motor support bracket      | 1 | 65 | transformer                | 1 |
| 11 | L support iron             | 2 | 66 | relay                      | 1 |
| 12 | side rail fix seat         | 8 | 67 | filter                     | 1 |
| 13 | foot pad spring            | 1 | 68 | power fix board            | 1 |
| 14 | lifting connection coating | 2 | 69 | low relay                  | 1 |
| 15 | ground connection tube     | 1 | 70 | power switch               | 1 |
| 16 | food pad lock seat         | 1 | 71 | power plug                 | 1 |
| 17 | front roller               | 1 | 72 | fuse seat                  | 1 |
| 18 | back roller                | 1 | 73 | power cord                 | 1 |
| 19 | running deck               | 1 | 74 | motor belt                 | 1 |
| 20 | running belt               | 1 | 75 | M10 nut                    | 1 |
| 21 | cylinder                   | 2 | 76 | M10X105 Hexagon head bolts | 1 |

|    |                             |   |    |                                              |    |
|----|-----------------------------|---|----|----------------------------------------------|----|
| 22 | motor cover                 | 1 | 77 | M10X30 inner hexagonal socket head cap bolts | 4  |
| 23 | motor low cover             | 1 | 78 | M10X35 inner hexagonal pan head bolt         | 2  |
| 24 | ground upper decorate cover | 1 | 79 | M10X45 inner hexagonal pan head bolt         | 1  |
| 25 | ground low decorate cover   | 1 | 80 | M5x10 Pan head screws with cross recess      | 2  |
| 26 | left roller cover           | 1 | 81 | M5x8 Pan head screws with cross recess       | 2  |
| 27 | right roller cover          | 1 | 82 | M6X10 cross recess head screw                | 6  |
| 28 | ground buffer cushion       | 2 | 83 | M6X5 Hexagon head screw                      | 1  |
| 29 | ground buffer cushion cover | 2 | 84 | M6X80 cross recess head screw                | 8  |
| 30 | PU cover under column       | 2 | 85 | M8 nut                                       | 17 |
| 31 | side rail                   | 2 | 86 | M8X10 inner hexagonal pan head bolt          | 2  |
| 32 | moving wheel bracket        | 2 | 87 | M8X12 Hexagon head screw                     | 3  |
| 33 | EVA under side rail         | 2 | 88 | M8X15 inner hexagonal pan head bolt          | 14 |
| 34 | high ground cushion         | 2 | 89 | M8X25 inner hexagonal pan head bolt          | 4  |
| 35 | base frame moving wheel     | 2 | 90 | M8X30 cross recess head screw                | 6  |
| 36 | washer                      | 4 | 91 | M8X35 cross recess head screw                | 2  |

|    |                                          |   |     |                                              |    |
|----|------------------------------------------|---|-----|----------------------------------------------|----|
| 37 | running deck washer                      | 2 | 92  | M8X45 inner hexagonal pan head bolt          | 2  |
| 38 | running deck buffer seat                 | 6 | 93  | M8X50 inner hexagonal socket head cap bolts  | 1  |
| 40 | plastic cover                            | 2 | 94  | M8X60 inner hexagonal pan head bolt          | 5  |
| 41 | console mast lower<br>control wire cover | 1 | 95  | M8X60 square neck bolt                       | 1  |
| 42 | console mast upper<br>control wire cover | 1 | 96  | M8X70 inner hexagonal socket head cap bolts  | 2  |
| 43 | console upper cover                      | 1 | 97  | M8X75 inner hexagonal pan head bolt          | 2  |
| 44 | console lower cover                      | 1 | 98  | ST3.5X12 cross recess head self-taping screw | 2  |
| 45 | console board                            | 1 | 99  | ST4.8X15 cross recess head self-taping screw | 8  |
| 46 | speaker cover                            | 2 | 100 | ST4X15 cross recess head self-taping screw   | 56 |
| 47 | touch key fix seat                       | 1 | 101 | ST4X15 cross recess head self-taping screw   | 12 |
| 48 | slip safety key                          | 1 | 102 | φ10 washer                                   | 12 |
| 49 | left handpulse seat                      | 1 | 103 | φ10 spring washer                            | 4  |
| 50 | right handpulse seat                     | 1 | 104 | φ8 washer                                    | 36 |

|    |                               |   |     |                                           |    |
|----|-------------------------------|---|-----|-------------------------------------------|----|
| 51 | handpulse seat decorate cover | 4 | 105 | φ8 spring washer                          | 3  |
| 52 | left side rail cover          | 2 | 106 | φ8 φ24 curve washer                       | 12 |
| 53 | right side rail cover         | 2 | 107 | φ6 washer                                 | 8  |
| 54 | power switch cover            | 1 | 108 | ST3X8 cross recess head self-taping screw | 2  |
| 55 | anti-slide paper              | 2 | 109 |                                           |    |

■ CIRCUIT DIAGRAM

